

## **WORKING WITH HEMI-SYNC®**

*by Steve Winchester*

My wife, Deryn, and I have been living in Phoenix, Arizona for four years. We are both Monroe Outreach Facilitators. We have been hosting a number of TMI outreach programs along with running a local chapter that meets once a month in our home. Through our efforts here to “get it out there” for Bob, we have gained a bunch of experience and made some really great friends.

We have watched transformations in our friends through the programs and regular use of Hemi-Sync. Many participants come a couple of times and move onto something else.

A few people see the impact of one 30-45-minute session of Hemi-Sync® and know they want more. These people come to our workshops and regularly attend the local chapter meetings. Some have found their way to the Monroe Institute in Virginia.

Over time with regular use of Hemi-Sync the experiences, for most, start to drop off and there is a place of quiet or silence that starts to dominate the meditation experience.

I heard a great analogy from a Franciscan Monk; when you first start to pray or meditate your spiritual tank is pretty much empty. Spirit pours into you through the conduit of meditation. Because the tank is empty there is a lot of splashing and bubbling of experience and the celebration of re-connecting with one’s essence and how one fits into the universe. As practice continues, the inward pouring spirit becomes quiet, like pouring water into a half full tank. The spirit is still coming in at the same rate and doing greater and greater things, but it becomes less consciously noticeable.

Moving into that stillness or nothingness during meditation increases your frequency, taking you into infinite consciousness that knows you way better than yourself. There you establish a direct connection with the original design of your purpose here on Earth in this lifetime and a greater connection to the original energetic patterns that make you healthy and perfect in body, mind and spirit. In this place of quantum entanglement with all that is, information and healing come in at such a rate that it bypasses the “slow” conscious mind and connects to the faster and larger capacity subconscious. From here the information can be accessed over time in a manageable manner. One finds new direction in life. Discarding the things that don’t work and recognizing and enhancing those that do work. The local chapter group creates a feedback-loop of shared

experiences that give greater understanding of the changes that can occur in life using Hemi-Sync.

Bob Monroe and TMI have developed Hemi-Sync for every type of meditation.

Mindfood uses guided meditations with many themes for personal development.

Metamusic provides the freedom to be self-guided and in charge of your meditative experience.

Human Plus provides tools for reprogramming our lives through subconscious program rewrites.

Deryn and I find the Human Plus to be especially profound as we move into fine tuning the positive life changes we have experienced so far.

We would like to convince people that if feel like they are “not getting it” to be persistent.

It is great to see the positive shifts and share in the excitement and sometimes the sadness of change.

All of this is beautiful.